

Therapeutic Recreation Center



Center Supervisor: Beth Lucas
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**1000 S. Randolph Way
791-4504**

Hours:

Monday- Friday	8am-5pm
Saturday	Closed
Sunday/Holidays	Closed

The Center will be
closed on Mon., Feb. 18.

Our mission is to provide programs that develop and enhance lifelong recreational pursuits for people with disabilities through adaptive, aquatic and inclusive recreation opportunities.

Recreation Inclusion Services for Youth/Adults:

The City of Tucson Parks and Recreation Department offers a variety of recreation opportunities for youth and adults with disabilities who are ready for Recreation Inclusion. Recreation Inclusion provides opportunities for youth and adults, with and without special needs or disabilities to experience recreation and leisure time together. Individuals needing additional support are encouraged to register for specialized Therapeutic Recreation Center programs that have staff knowledgeable in assisting individuals with a disability. Be sure to select the program that is best for your child. If you have any questions, call the Inclusion Coordinator, Sue Jansen, 837-8060.

Behavior Expectations:

As in all programs offered by Parks and Recreation, the expectation of every participant is to follow the basic rules of conduct. A participant may be excluded from a program if their presence poses a direct threat to the health or safety of others, or requires a fundamental alteration of the program.

Program already in progress - call for availability

Programs for Kids and Teens

- PAL/TEEN, social club for teens ages 13-22, with LD/ADHD, Tues., 6:30-8:30 pm.
- ACE - Activities Creating Excellence - After-school program offered for children with LD/ADHD or developmental disabilities. Mon., Tues., Thurs., Fri., 3-5:30pm.
- Juniors Active in Wheelchair Sports for children ages 12-18.
- Outdoor Adventure Training, various April dates.

Sports and Fitness for Adults

- Westside Bowling, Wed., 3-5pm
- Aqua Terra Fitness class for teens and adults with developmental disabilities, Tues., 7-8pm.
- Wheelchair Basketball, age 19+

Monthly Social Dance--First Saturday of each month 6-8pm - Armory Center, 220 S. Fifth Ave.

Admission: \$1 and a current ID required - 16+ - register at the door.

- March 1 - March Madness
- April 5 - Spring Fling
- May 3 - Cinco de Mayo

Dances are co-sponsored by Old Pueblo Civitan.

Fun Day Trips - Call 791-4504 to register

- February - Outing to the Renaissance Festival
- March - Overnight trip to Bisbee
- April - Visit the County Fair

Senior Support Groups

- Essential Tremor Support Group, 1st Thurs. of each month.
- Quibblers and Nibblers Senior Club - Progressive-style bridge, Wed., 10am-2:30pm. Partners are not needed.
- Arthritis and Fibromyalgia self-help and exercise programs.
- Multiple Sclerosis Social Group now forming

Sammy visits Adam and the Therapeutic Recreation Center for his annual check-up.

